AUDIT CAN FIND HOME'S ENERGY LEAKS, PG8

The world's largest global newspaper

metro

OTTAWA • MONDAY, MARCH 9, 2009 metronews.ca

3 establishments hit by robbers on Friday

INVESTIGATION Ottawa police are investigating after several establishments were robbed over the weekend.

At 3:30 a.m. Friday, a man robbed the Esso gas station in the 3500 block of Strandherd Road of cash. The suspect is a white male, in his mid-20s, five-foot-six to five-foot-eight with a stocky build and short hair.

Forty-five minutes later, a male armed with a gun robbed the Food Frenz convenience store in the 2900 block of Carling Avenue of cash. The suspect in this incident is described as a black male, five-foot-nine to five-foot-10.

Then at 8:30 p.m., two males armed with knives entered the Rogers Video store in Barrhaven where they duct-taped the clerk.

Police arrested three youth a short distance away.

There were no injuries in any of the incidents.

TRACEY TONG/METRO OTTAWA

Celebrity Buzz pg 14

M.I.A. mum on baby's moniker

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Comment & Views

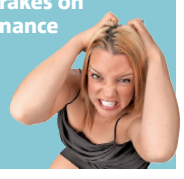
- **Anne Hines shares her recession philosophies, pg 6**

Tomorrow

- **How to deal with recession stress without pulling your hair out.**

Wednesday

- **Put the brakes on car maintenance costs and keep the mechanic away.**



Captain **Alfredsson**

TRACEY TONG/METRO OTTAWA

Ottawa Senators captain Daniel Alfredsson answers questions from young athletes at the Bell Sensplex yesterday. Alfredsson and Sens head athletic trainer Gerry Townend were there to promote a new off-ice training method designed to make players better on the ice. **Story, pg 3**

67's 'Killer' has games left to win

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

This is not quite Brian Kilrea's last week as head coach of the Ottawa 67's.

After more than 30 seasons, Sunday will mark his last regular season game behind the 67's bench.

But with the playoffs still ahead, Kilrea, a.k.a Killer, could still add to his three Ontario Hockey Championships, his pair of Memorial Cup wins, and pad his lead for the most coaching wins in CHL history.

"Being born here in Ottawa and having the opportunity to win the Memorial Cup in your hometown — that was special."
Coach Brian Kilrea

"Luckily, there is a few more to be coached," he said. "Whether we last a series, two, three or four, we do know that there are some games ahead."

Despite announcing his retirement last September, Kilrea said the season has not felt much different than other years.

"Hockey's hockey. When you get to the rink, the only thing you're thinking about is the game itself," he said. "Once the presentation's over, the game starts and you forget all about it."

Kilrea said that just being able to coach for so long in his hometown is a highlight of a coaching career stretching back to 1974, capped when the 67's won the 1999 Memorial Cup in Ottawa. "Being born here in Ottawa and having the opportunity to win the Memorial Cup in your hometown — that was special," he said.

The Hall of Fame coach will be staying in his role as general manager to help as Chris Byrne takes over the head coach position.

To commemorate his last season, the Ontario Hockey League donated funds to create the Brian Kilrea Teaching Room at the Children's Hospital of Eastern Ontario, in order that children in long-term care can be taught by teachers and not fall behind in their school work.

Though he'll miss the camaraderie with the kids, and getting out on the ice, Kilrea said he won't miss those weekend road trips.

"Monday's a recovery day after those three- and four-day road trips," he said. "It takes a little bit out of you, especially as you get older, to be on the road Wednesday to Sunday."

Special unit investigating officer's alleged shooting of suspect

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

ROBBERY Seven investigators and two forensic officers from Ontario's Special Investigations Unit have been called in after an Ottawa police officer allegedly shot and killed a man suspected of robbing a bank Friday night.

At around 7 p.m., Ottawa police responded to a robbery in progress at the TD bank branch in a mall at 562 Montreal Rd.

Officers located a male suspect fleeing the area on foot. According to a statement from the SIU, the officers "interacted" with the suspect. During that "interaction," several gunshots were fired, with at least one hitting the suspect.

Paramedics were called to the scene on the west side of Claude Street near Clarke Avenue where a man was pronounced dead.

Investigators are appealing for anyone who may have witnessed the incident Friday to come forward.

Meanwhile, Ottawa police continue to investigate a shooting that also took place close to midnight Friday in the area of Baycrest Drive and Heron Road.

A 24-year-old Ottawa man remains in serious but stable condition in hospital. Police have not released his name.

ShareYourViews
ottawaletters@metronews.ca

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

Score big.

3G PHONE SALE

Get a great deal on a 3G phone and enjoy Unlimited NHL™, exclusively from Bell. But hurry, the buzzer sounds on this offer March 31st. Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

BONUS: Get $50 off accessories when you purchase any phone[1].

3G HTC Touch Diamond™

$49.95

with a $35 voice and data plan on a 3-yr. term[2] ($499.95 no term)

3G LG Reveal™

$49.95

on a 3-yr. term[3] ($329.95 no term)

NEW! Canada's fastest Pearl Flip[4]

3G BlackBerry® Pearl™ Flip 8230 smartphone

$29.95

with a $35 voice and data plan on a 3-yr. term[2] ($499.95 no term)

3G Samsung Instinct™

$29.95

on a 3-yr. term[3] ($399.95 no term)

3G Double-flip™ Samsung u740

$29.95

on a 3-yr. term[3] ($329.95 no term)

3G Samsung m530

$19.95

on a 3-yr. term[3] ($279.95 no term)

3G BlackBerry® Pearl™ 8130 smartphone

$0

with a $35 voice and data plan on a 3-yr. term[2] ($449.95 no term)

3G Sanyo Katana® Eclipse

$0

on a 3-yr. term[3] ($269.95 no term)

Bell saving just got better

Available at the following Bell stores:

ARNPRIOR
6-75 Elgin St. W.

BROCKVILLE
1000 Islands Mall
R.R. 3 Highway 2 W.

CORNWALL
Cornwall Square

KANATA
510 Earl Grey Dr.

NEPEAN
50 Market Place Ave.
1541 Merivale Rd.
Bayshore Shopping Centre

ORLEANS
Place d'Orleans
SmartCentres Orleans

OTTAWA
247 Bank St.
2184 Thurston Dr.
Billings Bridge Plaza
Carlingwood Mall
Rideau Centre
St-Laurent Shopping Centre

PEMBROKE
1018 Pembroke St. E.

PETAWAWA
3471-B Petawawa Blvd.

RENFREW
178 Plaunt St.

SMITHS FALLS
16 Beckwith St. S.

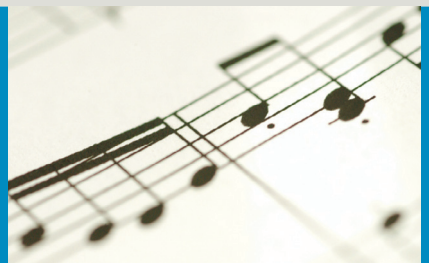
STITTSVILLE
1250 Main St.

Also available at these retailers: COSTCO WHOLESALE, hmv, booth the telephone booth, WIRELESS etc..., ((WIRELESSWAVE))

Offer ends March 31, 2009. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Unlimited NHL bundle available in addition to a Bell Mobility monthly plan as a standalone feature or as part of the Fun 25 bundle, Smartphone Combo plans or select data plans and Smart bundles. Data charges apply if you do not subscribe to a data plan or unlimited Mobile Browser and fees apply for roaming when outside your local area. Current content is for 2008-2009 season only, is subject to change and black-out periods may apply without notice. Limited content with certain devices, while roaming and during off season. Service subject to change without notice. Upon early termination, price adjustment charges apply. Taxes extra. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee; $8.95), and one-time device activation ($35) apply. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Other conditions apply; see bell.ca/NHLmobile. (1) With new activation on a 3-yr. term on a post-paid voice plan. Rebate applies on accessories before taxes in-store or on the account otherwise; allow 4 to 6 weeks. (2) With new activation on a post-paid voice plan and a data feature with a total min. value of $35/mo. (3) With new activation on a post-paid voice plan. (4) Based on speed of 1xEV-DO, Canada's largest 3G mobile network. HTC Touch Diamond is a trademark of HTC Corporation in Canada. Reveal is a trademark of LG Electronics Inc. BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Samsung Instinct is a trademark of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. Katana is a registered trademark of Sanyo Inc. NHL and the NHL Shield are registered trademarks and Unlimited NHL is a trademark of the National Hockey League. All NHL logos and marks and NHL team logos and marks depicted herein are the property of the NHL and the respective teams and may not be reproduced without the prior written consent of NHL Enterprises, L.P. Images & logos: © NHL 2009. All Rights Reserved. ©NHLPA. NHLPA, National Hockey League Players' Association and the NHLPA logo are trademarks of the NHLPA and are used under license by Bell Mobility Inc.

Ottawa profs honoured
Two associate professors at the University of Ottawa were awarded Young Researcher of the Year awards. David Doloreux and Rees Kassen received awards for their contributions in the fields of business and management and genetics and evolution respectively. METRO OTTAWA

Local



Music society receives big grant

The Ottawa Chamber Music Society has received a $90,000 grant from the Ontario Trillium Foundation. The grant, to be split over two years, will strengthen the organization and support such events as the Ottawa International Chamber Music Festival, the Concert Series and the Family Music Fair.

METRO OTTAWA

Senators promote a fun-first fitness

TRACEY TONG
tracey.tong@metronews.ca

SPORTS They may favour hockey, but whatever it is kids choose to do with their lives, they should enjoy it, the captain and head athletic trainer for the Ottawa Senators told dozens of young athletes yesterday.

"You've got to have fun, no matter what it is," said head athletic trainer Gerry Townend, who attended a training camp for young area hockey players at the Bell Sensplex yesterday.

Daniel Alfredsson was also in attendance to promote the off-ice Nike SPARQ training routine, watch them train and answer their questions about training.

Getting involved in sports will help young people with self-confidence and self-esteem, which carry over into other areas of their lives, Townend said. Alfredsson also gave the young athletes advice. "Be ready for the hard work and enjoy it," he said.

The Nike SPARQ (speed, power, agility, reaction and quickness) training program allows athletes to track and compare their progress with past performances and the progress of other athletes online. The program will benefit athletes in all sports.

"The most important thing is to be active. It will help you with everything in life, because that's what life is — competitive," Townend said.

Staying active is important because it's part of a healthy lifestyle, Alfredsson said.

A life-saving business

Heart Institute raises over $5M to fight disease

TRACEY TONG
tracey.tong@metronews.ca

Ask Danielle Desjardins why she's so grateful to the University of Ottawa Heart Institute and she'll tell you that it saved her life not only once, but twice.

In June 2000, Desjardins had a pacemaker put in.

Following a diagnosis of heart failure in July 2008, she had several surgeries, the most recent one being only five weeks ago, to implant a defibrillator in the right side of her chest.

And in a few months, when she gets what she hopes will be her final heart surgery, the Hawkesbury resident is looking forward to resuming her active life, which includes walking and playing rounds of golf.

"Since 2000, every day has been a blessing," said Desjardins.

"The heart institute saved my life."

The stories that people share every year at the University of Ottawa Heart Institute telethon are always touching, said University of Ottawa Heart Institute director of development, foundation Barry Stanton.

"People are so thankful to the institute — they get a new lease on life," he said.

TRACEY TONG/METRO OTTAWA

Rabbi Reuven Bulka mans the phone at the University of Ottawa Heart Institute telethon at the Brookstreet Hotel yesterday. The 18th annual event raised $5,146,675.

The institute raised $5,146,675 in its 18th annual telethon yesterday, falling slightly short of last year's total of $5.7 million.

Although he acknowledged times are tough, Stanton said the Ottawa community is very generous.

"Heart disease touches a lot of people in the community," he said. "More than one-third of people are touched somehow — either themselves or a friend," he said.

The funds raised at the telethon stay local, benefiting cardiac and genetic research at the institute, Stanton said.

And because research here gets so much funding, the heart institute is able to attract world-renowned researchers.

"We're able to have the best in the field in the Ottawa community," he said. "The community here in Ottawa helped to build the heart institute, and every year, they help keep it going."

Back from the brink of kidney cancer

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

DISEASE Not long ago, being diagnosed with kidney cancer was tantamount to a death sentence.

"It meant that you had anywhere from four to six months to live, so get your affairs in order," said kidney cancer patient Jeff Katz, who was diagnosed in February 2007.

Katz, who shared his story with Metro yesterday to mark National Kidney Month, initially had a kidney removed due to a cancerous tumour in 1999. That was followed by five years of chest X-rays to ensure the cancer had not spread. Three months after his last X-ray, he developed a severe dry cough, which a CT scan revealed was fourth stage terminal cancer.

Since kidney cancer is very difficult to detect, it is usually discovered at a much later stage compared to other forms of cancer.

"We had been told the cancer was totally eradicated by ... taking out my left kidney," said the local.

Thanks to a new targeted medication, the 65-year-old retired federal government employee's cancer has been stabilized. Approximately 4,500 Canadians are diagnosed with kidney cancer annually.

Celebrating Irish, even if you're not

TRACEY TONG
tracey.tong@metronews.ca

EVENTS Whether or not you've got a drop of Irish blood in you, the Irish Society of the National Capital Region is giving Ottawa residents lots of reasons to celebrate this week.

Formerly Irish Week, March 9 to 17 marks the first annual Ottawa Irish Festival — stepped up from previous years' celebrations, thanks to the contributions of more groups, said Irish Society NCR spokeswoman Jennifer O'Brien-Tomka.

"This year, it's more of a festival atmosphere," said O'Brien-Tomka.

"We're able to offer a large variety of activities because so many groups came together to offer different events."

While Mayor Larry O'Brien will proclaim the week Ottawa Irish Week at Library and Archives Canada Tuesday — an event followed by an evening of Irish music — other events include movie screenings at the Mayfair Theatre and a free public Irish lecture series by the University of Ottawa, Chair of Celtic Studies, Wednesday and Thursday.

The highlight of the festival is the 27th annual Ottawa St. Patrick's parade Saturday.

The procession leaves city hall at 11 a.m. before heading down Laurier and Bank streets and arriving at Lansdowne Park, where the Grand Irish Party will be held.

Last year, more than 10,000 people attended the parade and even more are expected this year.

Although Irish roots are strong in the Ottawa area — Irish settlers were among those who came to Canada in the early to mid-1800s to help build the Rideau Canal — an Irish background isn't required to enjoy the festival, O'Brien-Tomka said.

metronews.ca
What's online today.

Blogs This week's It's Called Football show welcomes the COO of Ottawa's MLS bid

Lotteries

Friday, March 6: Lotto Super 7: 5, 12, 16, 20, 25, 39 & 45. Bonus 43. **Saturday, March 7: Lotto 6/49:** 8, 12, 14, 22, 29 & 49. Bonus 11. **Sunday, March 8: Ontario Pick 3:** 0 7 3; **Ontario Pick 4 :** 2 9 2 9 **Encore:** 9116346; **Daily Keno:** 2, 3, 5, 9, 21, 25, 27, 29, 30, 39, 40, 44, 47, 52, 56, 57, 59, 60, 61, 63. These results are not official.

This summer, your child can learn REAL VIDEO GAME PROGRAMMING

Your child or teen loves video games & does well in math without trying. They may have said that they want to design & program video games as a career! At Real Programming 4 Kids™ your kid can learn the secrets of game design, advanced math & real game programming and have tons of fun!

At RP4K's 6th summer of Ottawa Programming Camps @ Ashbury College we will teach your 9 to 17 year-old **REAL PROGRAMMING LANGUAGES** including; C#, XNA, Visual Basic, Java and C++. Each student has their own computer and there are never more than 4 kids to an instructor!

Call Real Programming 4 Kids™ (toll free) 1-877-307-3456 and schedule a **FREE NO OBLIGATION TRIAL CLASS**
www.realprogramming.com

accessorize
with graphics

LIZ CLAIBORNE

RECEIVE 20X HBC REWARDS POINTS
When you make a LIZ CLAIBORNE handbag or jewellery purchase of $50 or more (before taxes).

*Total Base points = 20 x (dollar amount x 50). Credit points will be earned in the usual amount, i.e. 50 points per dollar. In other words, you will receive a bonus of 950 points per dollar spent.

This offer cannot be combined with any other bonus offer. If you refund the purchase(s) made in connection with this offer, points will be reduced by the bonus amount, using the same formula. Terms and conditions of the Hbc Rewards program found online at www.hbc.com/rewards.

THE BAY

Arrests made in Canadian's death
Police in Thailand have arrested six people in connection with the death of a Quebec-born property developer on the island of Phuket last month. **CBC NEWS ONLINE**

Canada

Iggy rebuilding Grits

New Liberal leader purging Dion's policies

They are the acts of a politician turning the page.

The Green Shift carbon tax that was the centrepiece of the Liberals' election platform? Denounced and ditched.

The coalition pact formed with other opposition parties on Parliament Hill with an eye to toppling the minority Conservatives? Dead and buried.

The decision to give Green party Leader Elizabeth May a free ride in the last election? Tossed overboard.

Alberta's oilsands? Not so bad after all.

Like the housecleaning that follows a divorce, Liberal Leader Michael Ignatieff has been making a clean break from the troubled era — and policies — of predecessor Stéphane Dion.

> **"I think the party did get badly off track."**
> Steven MacKinnon

But the bad memories weren't carted out the back door in the dead of night.

No. This has been a very public cleansing, meant to send a deliberate signal to Canadians that the Liberals understand that the personality and policy they trumpeted in last fall's election was a bust.

"I think we have to demonstrate that we heard the message that what we had on offer was not acceptable. Message received," said Steven MacKinnon, former executive director of the party.

"I think the party did get badly off track," he bluntly admits.

But now, after a string of body blows that have included bitter leadership battles, the sponsorship scandal and a string of federal elections that have depleted party coffers and stamina, Liberals are taking time to reset their compass and rebuild the party.

There's no lack of motivation in the party ranks, thanks to last fall's election, which saw the Liberals drop to 77 seats with one of its worst showings ever in popular support.

TORSTAR NEWS SERVICE

Toronto **Marching for women's rights**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Roughly 1,500 people marched in the streets of Toronto Saturday to mark International Women's Day. Marchers voiced their support for everything from child-care rights and jobs for women to women's rights in Iran, Sri Lanka and Gaza.

Avalanche claims two more skiers

SAM SMITH
for Metro Canada

B.C. An avalanche at a resort in Golden, B.C., killed two skiers Saturday after they ventured into a closed-off area prone to slides.

The deaths occurred just 13 days after a Quebec couple staying at the same resort went missing for nine days and had their SOS signs ignored.

In that incident, Gilles Blackburn, 51, survived but his wife Marie-Josee Fortin, 44, died before they could be rescued.

In the latest deaths, the two men from Calgary, aged 41 and 40, set out in a group of four on Saturday and passed through roped-off areas and signs warning visitors of the avalanche risk.

"The people passed over 20 signs," said Jordan Petrovics, manager of media events at the Kicking Horse Resort. "The message is there."

At the request of the family, Golden RCMP have not yet released names.

News in brief

AFGHANISTAN A Canadian soldier is dead and four are wounded after a roadside bomb blasted their armoured vehicle while the troops were on a patrol northeast of Kandahar City yesterday. Trooper Marc Diab, 22, with the Royal Canadian Dragoons has been identified as the dead soldier.

POLITICS Hamilton MPP Andrea Horwath has been elected leader of the Ontario New Democrats. Horwath, 46, became the first woman to lead the party after winning on the third ballot. **METRO NEWS SERVICES**

Minister defends back-to-work decision

French Justice Minister Rachida Dati, 43, has defended her decision to return to work five days after giving birth. The move was chided by women's groups. METRO NEWS SERVICES

World

OMAR SOBHANI/REUTERS

Afghan women attend a ceremony to mark International Women's Day in Kabul, yesterday. Women and girls face challenges due to the global economic recession, one expert claims.

Celebrating women

Recession challenges noted on international day

Yesterday, International Women's Day, women celebrated the gains made in achieving equal rights and highlight the widespread wrongs that damage the lives of the 3.3 billion females around the world.

But the issue foremost in women's minds is the global recession, which has hit the most vulnerable half of humanity with exceptional force.

Seventy per cent of the poorest people on the planet are women and girls, and even in a wealthy country like Canada they are the majority of the poor.

Although the global downturn began in the financial sector, dominated by men, it is now bearing down on women, most often found in low-wage and part-time jobs.

The recession has plunged from wealthy to developing countries, where women lack safety nets to help them survive.

"As the economy slows, the disaster in the financial institutions is affecting the real economy," says Sylvia Borren, co-chair of the Global Call to Action Against Poverty, a coalition of groups in 100 countries.

"What happens is the informal sector suffers first — the cleaning women, gardeners and people who do the household jobs. They are mostly women."

As worldwide consumer confidence fades, says the International Labour Organization, traditionally female service jobs in cafes and retail are also disappearing. It predicts that 22 million of an estimated 51 million to lose their jobs this year will be women. TORSTAR NEWS SERVICE

News in brief

SHOOTING The pastor of a Maryville, Illinois, church was shot to death during a service yesterday in front of horrified parishioners who then tackled the gunman, state police told CNN. Fred Winters, the pastor of the First Baptist Church, was killed during the 8 a.m. service, and the attacker and two parishioners suffered knife wounds in the attack, authorities said. METRO NEWS SERVICES

WAR CRIMES Sudan's President Omar Hassan al-Bashir threatened yesterday to expel diplomats and more aid groups, brandishing a sword at a Darfur rally days after a Hague court issued a warrant for him for war crimes. Sudan has already closed 13 foreign and three local aid groups saying they helped the International Criminal Court (ICC). REUTERS

United States to withdraw 12,000 troops from Iraq

IRAQ WAR The United States will reduce the number of troops in Iraq by around 12,000 in the next six months, the U.S. military said yesterday, a step in U.S. President Barack Obama's plan to end combat operations there in August 2010.

"Two brigade combat teams who were scheduled to redeploy in the next six months, along with enabling forces such as logistics, engineers and intelligence, will not be replaced," the U.S. military said yesterday in a statement.

Reducing the number of U.S. combat brigades in Iraq from 14 to 12 would cut the number of American troops, currently around 140,000, by 12,000, said Major-General David Perkins. Last month, Obama ordered 17,000 extra troops to Afghanistan. REUTERS

Shifting focus

- Six years after the U.S.-led invasion to oust Saddam Hussein, Obama plans to pull all combat troops out of Iraq by Aug. 31, 2010, leaving 35,000 to 50,000 support and training troops as Washington shifts its military focus to Afghanistan.

STOP! Searching For A Low Rate

No Matter Where you Call
No Matter What you Pay
Comwave will Beat it...
Guaranteed!

Even if you're paying less, call us and we'll beat it... guaranteed!

INDIA 6.9¢/min
PAKISTAN 5.9¢/min
CUBA 85¢/min

Afghanistan	24.9 ¢	Lebanon	9.9¢
Bangladesh	from 3.9 ¢	Mexico	from 2.9 ¢
Brazil	from 2.9¢	Nepal	from 7.9¢
Chile	2.9¢	Nigeria	from 6.9¢
Ecuador	12.9 ¢	Oman	17.9¢
Egypt	14.9¢	Philippines	11.9 ¢
Guyana	29.9¢	Saudi Arabia	from 3.9 ¢
Iraq	from 4.9¢	Sri Lanka	11.9 ¢
Jordan	4.9 ¢	U.A.E	19.9¢
Kenya	from 6.9¢	U.K	2.9 ¢
Kuwait	6.9 ¢	U.S.A	2.9 ¢

Unlimited Calling To Anywhere In Canada
You can even call from your CELL PHONE!
$5/month

Call Long Distance Even From Your Cell Phone
- No need to cancel your service provider.
- $10 Free Long Distance for every friend you refer
- No Contracts

Limited Time Offer
Call Now And Get Free Long Distance
$25

613-216-6100
comwave®
comwave.ca

Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services. Terms and conditions apply. Please see www.comwave.ca for full details. Calls to overseas mobile phones may be billed at a higher rate. [2]The $25 coupon will be mailed and must be returned for credit to be applied to account. 1 year term required. [3] Credit for monthly fee will be applied to third month's invoice. Unlimited Canada does not include calls to the Yukon and N.W.T.

LOCAL
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton
NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Art Director, Laila Hakim
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

Gleaning wisdom with rice

HineSight

Anne Hines

metronews.ca/hinesight

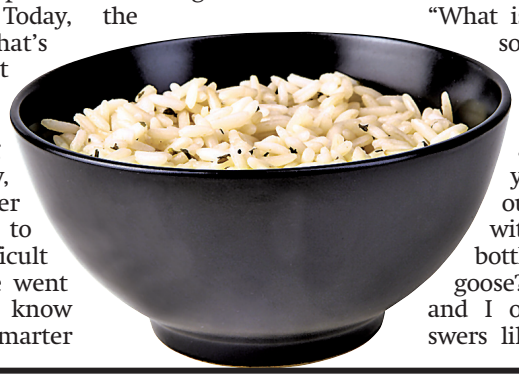
Riding the **Recession**

Note: This column contains complex philosophical concepts and abstruse intellectual thinking. I don't understand it myself.

My past two columns have asked Are You Recession Ready? and explored the all-important topic of Recession Etiquette. Today, we'll consider, "What's the most important part of getting through this recession?" Not resorting to eating shrubbery, for sure. But, after that? The point is to come out of this difficult time wiser than we went in. Bet you didn't know that. See? You're smarter already. What an amazing service I offer.

In university, I took a philosophy course. I quickly became convinced the reason universities teach philosophy is because professors enjoy making students suffer. This shows how little I knew. That's only one of the purposes.

A lesser goal of philosophy is to take basic questions of life that cannot possibly be answered and then attempt to do it anyway. This is supposed to make us wiser. Generally it just made me more confused. However, I suggest that in order to glean wisdom from the recession we attempt a little Recession Philosophy.



One profound life question philosophers attempt to answer is, "Why am I?" Recession Philosophers attempt to answer, "Why am I broke?" Something like that.

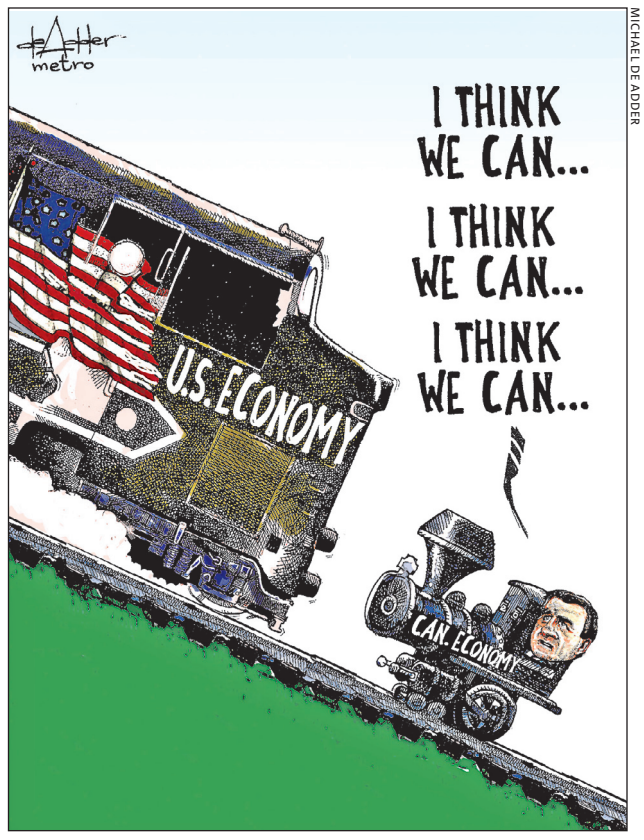
The way philosophers answer questions no one can answer is by posing questions no one can understand. And yes, people get paid for doing this.

For example, to answer, "What is life?" one philosophical question my professor posed was, "There is a goose in a bottle. How do you get the goose out of the bottle without breaking the bottle or harming the goose?" My classmates and I offered genius answers like, "Does the Humane Society know about this?" and "Wouldn't it be easier to raise chinchillas?" The correct answer was, "You just do." And again, yes, people get paid for this.

In Recession Philosophy the question would read, "There is a goose in a bottle. How do you serve the goose so that it will feed a family of six with leftovers for lunch?" The answer is, "You just do. Particularly if you've made a large side of rice to go with it."

Here's another profound question, "Why is life painful?" Recession Philosophy tweaks this slightly to, "Why do they keep sending me RRSP statements?" Or, "Why am I paying a fee to lose money?" An answering question might be, "Wouldn't I be better off keeping my savings in a sock under my pillow?" You know philosophy's actually amazing. I feel wiser already.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Bus ads need to clearly state intent

InTransit

John Holmes

metronews.ca/holmes

This week, the Atheist Bus Campaign will learn if it is allowed to run ads stating, "There's probably no God. Now stop worrying and enjoy your life," on Ottawa buses. The slogan first ran in London, England, and has now appeared in dozens of cities worldwide. However, OC Transpo management banned it in Ottawa last month. Council will now decide whether to overturn that decision.

I'm all for the atheist ads. That's not necessarily because I agree with the statement, but because they will breathe life into the public sphere. But regulations do need tightening up.

Sophisticated advertising uses psychological pressure. Ads for beauty products, for example, often look to exploit personal insecurities about appearance. Yet the atheist campaign slogan hides nothing. The wording is fairly innocuous. It's certainly a non-attempt to unconvert the converted.

Yet ads run on buses where the intent of the message isn't just obscured, it's hidden completely. Take the Alpha Canada campaign, an organization running introductory courses to the Christian faith. Alpha's ads — which have run on OC Transpo — invite passengers to "explore the meaning of life." God is not mentioned on the ad, but if you sign up for a course, it soon becomes clear the meaning of life centres on Him. Its aims are hidden. Why not be upfront and just mention God?

It's a double standard when a simple slogan is banned, while ads with less obvious ideological intent are allowed.

Then there's Birthright, a crisis pregnancy counselling service that also advertises on Ottawa buses. Birthright's charter includes a clause instructing its volunteers to, "never give any help, directly or indirectly, to any girl or woman to terminate her pregnancy." The organization deliberately keeps a low profile on the abortion issue. "Birthright's function is to help pregnant girls and women to carry to term," the charter continues. "Many come to us because they believe we will help them to obtain an abortion. If we wish to reach abortion-minded girls, we must avoid getting involved in the abortion debate." Birthright's bus ads, however, make no mention of its pro-life stance.

It's a double standard when a slogan is banned, while ads with less obvious ideological intent are allowed. In an open public sphere, Alpha Canada and Birthright have as much right to advertise as the Atheist Bus Campaign. But regulations must be put in place so their beliefs are there for all to see.

John Holmes is a writer for various publications in Canada and the U.K. He's never had a driver's licence, and has relied on public transit all his adult life; ottawaletters@metronews.ca

Worth mentioning

Iraqi women still facing daily struggles, study finds

The plight of women in Iraq remains bleak despite a sharp reduction in violence, a study released Saturday found, with a majority of women lacking basic services and security.

"Now that the overall security situation, although still very fragile, begins to stabilize … countless mothers, wives, widows and daughters of Iraq remain caught in the grip of a silent emergency," aid group Oxfam International said.

The study, released ahead of International Women's Day on March 8, centred on the impact of the years of bloodshed unleashed by the 2003 U.S.-led invasion, finding a third of the women surveyed had lost a family member to violence.

While attacks have dropped off sharply in the past year, tens of thousands of Iraqis have died in the sectarian and insurgent fighting since 2003, and millions more have fled their homes for other parts of Iraq — or abandoned Iraq entirely.

In the Oxfam study, 55 per cent of respondents said they had been displaced from their homes since 2003 due to violence or in search of work.

Fading violence in most parts of Iraq has allowed attention to turn to the dismal state of basic services like electricity, health care and education.

A quarter of women surveyed did not have access to drinking water on a daily basis; almost two-thirds said they had less than six hours of electricity per day.

Three-quarters of widows were not receiving their government pension. Forty per cent of mothers said they were not sending their children to school.

The Iraqi government is struggling to accelerate investment in reconstruction and services, but results are slow to appear. Spending on the social safety net will likely become more difficult if oil prices, which account for more than 95 per cent of government revenues, stay low.

REUTERS

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Oil to stay low and steady
World oil prices will likely remain steady this year despite being below their "fair" value, Venezuela's finance minister, who is an ex-president of OPEC, said. REUTERS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

GM, CAW reach deal

Canadian autoworkers will face a wage freeze through 2012, along with shorter vacations and higher contributions to benefit plans under a tentative deal with General Motors Canada, the Canadian Autoworkers Union said yesterday.

The deal, seen as a pattern for pacts with other automakers, aims to unlock billions of dollars in Canadian government funding for General Motors. Unionized workers will vote on the pact tomorrow and Wednesday.

"The alternatives are much worse," CAW president Ken Lewenza told a news conference announcing the agreement, which was reached after round-the-clock negotiations with the company. "We've done what we can do as a union ... Now the Canadian government has got to step up to the plate."

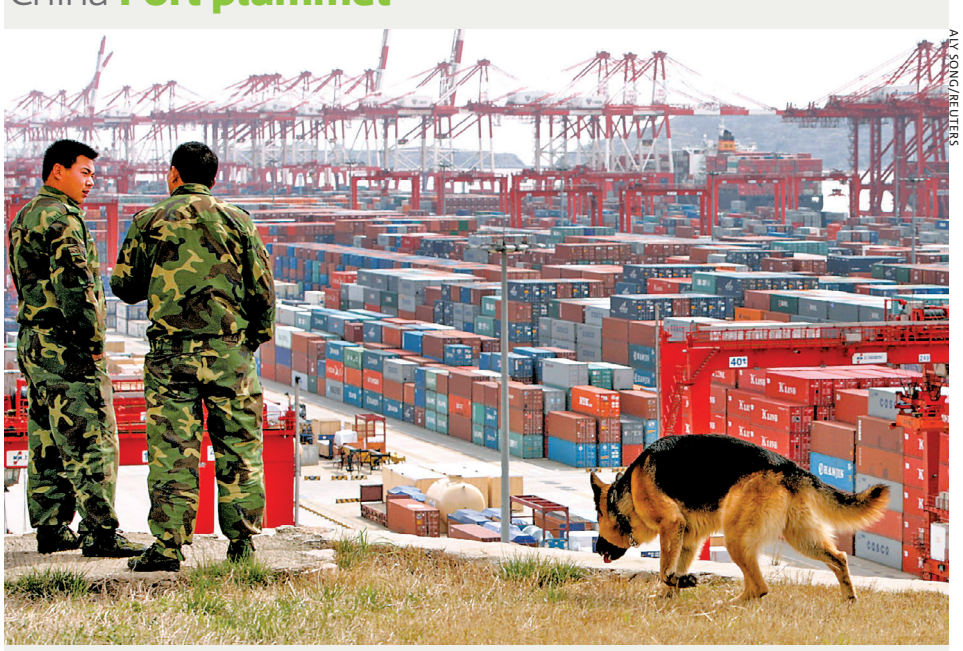
The Canadian units of GM and Chrysler are seeking as much as $10 billion from the Canadian and Ontario governments to help them survive the crisis facing the auto sector. But the payments depend on the companies making savings that will include concessions from their unionized workers.

GM has already proposed a 10 per cent cut in executive salaries, and reduced pay and benefits for salaried employees. REUTERS

Terms

- The deal extends an existing contract by one year until September 2012.
- Wages, cost of living adjustments will be frozen.
- Worker co-payments will be boosted on a range of health-care provisions.

China **Port plummet**



ALY SONG/REUTERS

Security guards stand near containers at a port in Shanghai yesterday. China's port container volume in February fell 17 per cent from a year ago, the Xinhua news agency reported.

No walk in the park for forestry

INDUSTRY Canada's forestry industry, already weakened by softwood lumber trade disputes with the U.S., has been smacked by a weak lumber market as the U.S. housing market collapsed, paper demand declined and pulp prices dropped.

All that has forced companies to rely on cash reserves or recapitalize. Analysts warn the paper sector is trying to weather the recession with newsprint and other products, demand for which is expected to keep falling even when the economy rebounds.

"In a growing industry you can hide things, but in a shrinking industry all of the flaws are exposed," said Kevin Mason of Equity Research Associates. REUTERS

Where did AIG's bailout cash go?

BAILOUT Where, oh where, did AIG's bailout billions go? That question may be answered now that a partial list of beneficiaries has been published.

The Wall Street Journal reported on Friday that about $50 billion US of more than $173 billion that the U.S. government has poured into American International Group Inc. since last fall has been paid to U.S. and foreign financial institutions including: Goldman Sachs Group Inc., Deutsche Bank AG, Merrill Lynch, HSBC, Rabobank, Royal Bank of Scotland, Banco Santander, Morgan Stanley, Wachovia and more. REUTERS

Business in brief

BANKS The U.S. should let some big troubled banks fail rather than commit more federal funds to prop them up, two Republicans said. Senator John McCain argued the administration needs to make "the hard decision and that is to let these banks fail." Senator Richard Shelby added: "We bury the small banks. We've got to bury some big ones and send a strong message to the market." REUTERS

Home Phone Lines

✓Caller ID
✓Voicemail
✓Call Forwarding
✓Call Waiting
✓Keep Your Existing Phone Number
✓Free Comwave to Comwave calls WORLDWIDE!

$9.95/month Basic
✓Unlimited Local Calling

$14.95/month Enhanced
✓Unlimited Local Calling
✓12 Free Features

$19.95/month Unlimited Canada
✓Unlimited Calling anywhere in Canada
✓12 Free Features

$29.95/month One-Rate
✓Unlimited Calling anywhere in Canada and USA
✓12 Free Features

Call Now and Receive
ONE MONTH FREE!

Comwave Guarantees the lowest Long Distance Rates.
CALL TODAY!
613-216-6096
comwave®
comwave.ca

Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 2 year term. [1] The option to keep your existing phone number may not be available in all areas. Credit for monthly fee will be applied to the third month's invoice. Long Distance: Comwave guarantees to match or beat your rate today and forever. Rate Guarantee is based on competitors' lowest advertised rate or written quote for like services.

Turning off your computer before you leave work can save electricity

Switch off your computer before you leave work. It will cut its electricity use by about one-quarter, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. Over a year, that's about 700 kilowatt hours — about three week's worth of electricity for the average household. **TORSTAR NEWS SERVICE**

Going Green

Brita showing true colours

Just in time for Earth Month Brita is showing its true colours and its support of environmentally sustainable options with the launch of the limited edition Green Pitcher water filtration system. While bottled water may seem like an easy convenience, Brita hopes Canadians will start to make better choices for the environment like opting for tap water over bottled water. **METRO NEWS SERVICES**

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

News in brief

BRITAIN A protester opposed to the expansion of London's Heathrow airport threw green custard at British Business Secretary Peter Mandelson Friday as he arrived at a meeting to promote low-carbon industries. TV pictures showed a woman approaching the business secretary and throwing a cup of liquid into his face.

EMISSIONS The United States must make deeper cuts in greenhouse gas emissions than proposed by U.S. President Barack Obama if the world is to stand a chance of avoiding devastating climate change, an EU official said. Jos Delbeke, the European Commission's deputy director-general of the environment, said a goal of bringing U.S. greenhouse gas emissions back to 1990 levels by 2020, set by Obama last month, will probably not be enough. **REUTERS**

Greening your home

Energy audit can help find leaks and inefficiencies

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

How green is your home? How much of your household energy budget is escaping through your walls and windows?

If you are like us, you hope your home is green, but you don't really know. One way to find out is by a home energy audit. These audits are about to become a requirement in order to buy/sell a home in Ontario. They are similar to a home inspection, which is already performed during more house sales but instead of dry rot and termites, the inspector is looking for leaks and inefficiencies.

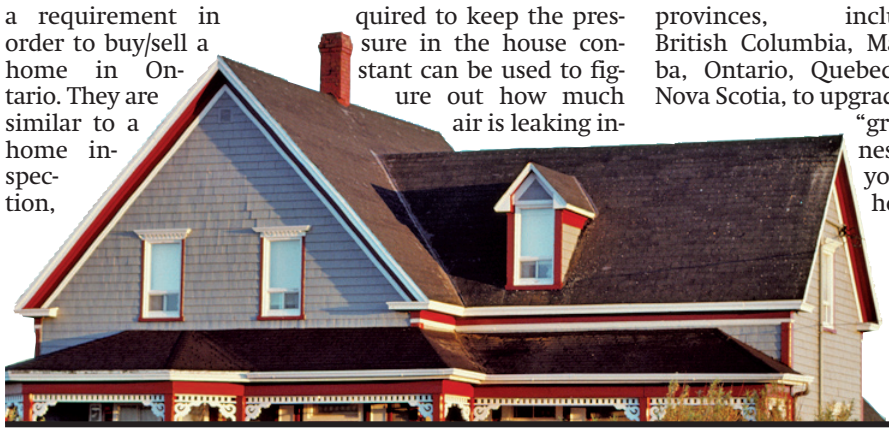
During a home inspection, the seal on your windows, the effectiveness of your insulation, and the efficiency of your furnace and hot water heater would be assessed. A blower is used to suck air out of the house so it is under negative pressure. Then the amount of suction required to keep the pressure in the house constant can be used to figure out how much air is leaking into your house. They can even tell you where the air is leaking in.

OK, so you get your home inspected and some problems are identified. Then what do you do? As luck would have it, the government is willing to shoot some money your way to fix some of these things. Federal grant money is available in order to make your home more green. In addition to the federal money, provincial money is also available in many provinces, including British Columbia, Manitoba, Ontario, Quebec and Nova Scotia, to upgrade the "greenness" of your home.

Money is available to get a more efficient furnace, to improve the insulation in your attic, to insulate your walls and basement, replace leaky windows and doors, and for a ground source heat pump and solar hot water system.

So how do we get at this money, you ask? What you need to do is have a pre-audit done by an auditor certified by Natural Resources Canada. The auditor will give you recommendations for upgrading your home. You then perform the upgrades and have the auditor come back for a post audit. The auditor will then file for whatever grants you may be eligible for on your behalf.

The downside to this is you have to pay the upfront costs for the renovations yourself and then trust the improvements will be enough to qualify you for the grant money. But if your furnace is getting old, or you were planning to do some upgrades anyway, why not get some help footing the bill?



Federal and provincial grants

• For more information about federal and provincial grants and to find a certified home inspector, go to the the Natural Resources Canada website (www.nrcan.gc.ca) and look for the ecoEnergy Retrofit program.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Never waste a good crisis, Clinton says

U.S. Secretary of State Hillary Clinton told an audience on Friday "never waste a good crisis," and highlighted the opportunity of rebuilding economies in a greener, less energy-intensive way.

Clinton told young Europeans at the European Parliament that global economic turmoil provided a fresh opening.

"Never waste a good crisis ... Don't waste it when it can have a very positive impact on climate change and energy security," she said.

Europe has already laid out plans to cut carbon dioxide emissions to about one-fifth below 1990 levels in the next decade, while U.S. President Barack Obama has proposed a major shift toward renewable energy and a cap-and-trade system for CO2 emissions.

But with many countries in the grip of a punishing recession, some question whether businesses can muster the hundreds of billions of dollars needed to cut carbon emissions.

Many politicians argue that the economic crisis, energy security issues and climate change can all be dealt with in a "New Green Deal," replacing high-carbon infrastructure with green alternatives and simultaneously creating millions of jobs.

"There is no doubt in my mind the energy security and climate change crises, which I view as being together, not separate, must be dealt with," Clinton added. **REUTERS**

Dave's DRUM SHOP Inc.
OTTAWA'S ONLY DRUM SHOP
390 Gladstone Ave.
Ottawa, ON K2P 0Z1
Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm
Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786
www.davesdrumshop.com

École des Adultes Le Carrefour
Choisir de réussir
French as a Second Language
Cours académiques
Ateliers gratuits
Cours d'informatique
Forfaits menant à l'emploi
www.carrefour.cepeo.on.ca

(613) 731-7212
Conseil des écoles publiques de l'Est de l'Ontario
2445, boulevard St-Laurent
Ottawa (Ontario) K1G 6C3

Minto
Blue Ribbon Event on here!
Panorama/Jubilee located in Ottawa's fastest growing community of Barrhaven! Spacious luxurious 2 & 3 bedroom homes close to shopping and transit. Designer upgrades including 6 appliances, gas fireplaces and gourmet kitchens! *Priced from $1,149*
Call 613-782-2227 or visit www.mintorentals.com

Minto
Bayshore Townhomes and Garden Homes
Freshly remodelled 2, 3 and 4 bedroom homes from $1105.00. These spacious homes offer convenient access to and from Hwy 417/416, the Bayshore Shopping Centre and transit. Inside you'll find beautiful hardwood flooring, oversized bedrooms, new kitchen and bathroom upgrades. All suites now come with washer/dryer, fridge, stove and dishwashers.
Call 613-782-2227 or visit www.mintorentals.com

Minto
Blue Ribbon Event
Bayshore Apartments
Beautifully designed and newly redecorated 1 and 2 bedroom apartments from $770 with utilities included! Located within the Bayshore Community you will enjoy great features and amenities such as a choice of suites with carpet and hardwood flooring, spacious layouts, on site laundry and storage and an outdoor pool
Call 613-782-2227 or visit www.mintorentals.com

Metro Supports
Give Girls A Chance!
Educate a Girl. Change the World.
www.givegirlsachance.org
metro Do it daily.

T.O. joins Bills
Controversial wide receiver Terrell Owens agreed to a one-year contract Saturday with the Buffalo Bills worth $6.5 million US, just two days after being released by the Dallas Cowboys. Owens caught 69 passes for 1,052 yards last season. REUTERS

Sports

Beckham pays to stay

David Beckham will stay on loan at AC Milan for the rest of the season before returning to Los Angeles Galaxy, although his long-term future remains unresolved. A Galaxy statement said the deal to keep Beckham in Milan "has been funded jointly by Milan and the player himself." The 33-year-old joined Milan on a two-month loan in January and had been due to return to the Galaxy today. REUTERS

EDITOR: JOHN.CHICK@METRONEWS.CA

NHL GMs tackle fighting

Colin Campbell figures it's going to be lively. Other than that, the NHL's justice minister isn't making any predictions.

"I have no idea where this is going to go," he said.

Campbell's uncertainty surrounds the discussion on fighting in hockey and the NHL that is expected to take place starting today at the general managers meetings in southwest Florida.

No one is anticipating there will be a vote on whether fighting should be banished from the league. But a variety of incidents, including the tragic death of Whitby Dunlops defenceman Don Sanderson in a December fight, have forced the NHL to at the very least demonstrate a willingness to evaluate the way in which scraps take place.

Commissioner Gary Bettman has called for a debate on the "rules of engagement," essentially eschewing a debate on fighting itself in favour of a more limited discussion over the way in which NHLers drop the gloves.

That, however, may prove to be just as thorny. The discussion will be kicked off by a presentation today by NHLPA executives Paul Kelly and Glenn Healy that will include relaying the views of their constituents on fighting.

Kelly also said players are not against a thorough examination of fighting or possible new rules.

"For example, they don't object to the notion of a rule that would say you have to keep your helmet on during a fight," said Kelly. TORSTAR NEWS SERVICE

MARK BLINCH/REUTERS

Toronto Maple Leaf Ben Ondrus fights with Edmonton Oiler Jason Strudwick Saturday in Toronto. NHL GMs will discuss fighting at meetings beginning today in Florida.

Sports in brief

NBA The Toronto Raptors lost 109-101 yesterday to the Utah Jazz. The Jazz have won 11 straight, while the Raptors have lost five in a row, bringing their season record to 23-41. Chris Bosh led the Raptors with 30 points and 10 rebounds.

GOLF Yang Yong-eun became the second South Korean to win on the U.S. PGA Tour by capturing the $5.5-million Honda Classic at PGA National yesterday by one stroke over American John Rollins at Palm Beach Gardens in Florida.

TENNIS World No. 1 Rafael Nadal beat No. 3 Novak Djokovic of Serbia 6-4, 6-4, 6-1 yesterday to give champions Spain a victory in its Davis Cup first-round tie and a place in the last eight against Germany.

BASEBALL Slugger Alex Rodriguez will have surgery on his torn right hip labrum today to enable him to play this season, with further surgery planned next off-season, the New York Yankees said yesterday. METRO NEWS SERVICES

Facing Sens would be 'weird,' Gerber says

NHL Goalie Martin Gerber expected it would be "weird" for him to be in goal tonight against the Ottawa Senators, but Toronto Maple Leafs coach Ron Wilson was noncommittal about whether he would start Gerber or Curtis Joseph.

"Before I get the Ottawa fans all riled up, I still haven't decided who's playing," said Wilson.

"The last time in there, Cujo won."

Gerber said he received a number of calls and texts from his friends on the Senators after the Leafs picked him up on waivers.

"Guys like (Mike) Fisher and (Jason) Spezza, we still stay connected," said Gerber.

"They're happy I got another chance and wished me luck. That was really nice. It's going to be fun and weird to play against them."

Gerber was the object of boo-birds in Ottawa as the team dropped from its perch as an elite NHL club, ultimately finding himself in the minors before the Leafs picked him up as a replacement for the injured Vesa Toskala. TORSTAR NEWS SERVICE

Few early surprises at Brier

CURLING The favourites were out in front entering last night's late draw at the Tim Hortons Brier in Calgary.

Reigning national and world champion Kevin Martin of Alberta was off to a perfect 2-0 start in his bid for another Canadian men's curling crown, tied with 2007 national and world champion Glen Howard of Ontario. Martin and Howard were the only unbeaten rinks in the 12-team field after five draws.

Martin was facing Saskatchewan's Joel Jordison, while Howard was up against British Columbia's Sean Geall. The scores from the late draw were not available at press time.

Martin topped New Brunswick's Russ Howard 7-4 in the opening draw on Saturday and then took down Quebec's Jean-Michel Menard 7-5 first thing yesterday morning.

Howard edged 2006 Olympic gold-medallist Brad Gushue of Newfoundland and Labrador 9-8 on Saturday, then beat Northern Ontario's Mike Jakubo 9-2 yesterday afternoon. METRO NEWS SERVICES

2GO CUSTOM KITCHENS

Kitchen & Bathroom Cabinetry
Computer Aided Design
In-house Consultation
Professional Installation

CALL FOR APPOINTMENT

1123 Newmarket St. Ottawa, On K1B 4N4
www.2gokitchens.ca
www.dynamicspace.com
613.731.8646

Kitchens for every lifestyle

Investment strategies for women:
Socially responsible mutual funds and more

Where financially responsible meets socially responsible.

Join us to get the financial answers to your questions.

Wednesday, April 1, 2009 • 11:45 - 1:00 pm • 4:30 pm - 5:30 pm
Constitution Square - RSVP as seating is limited
Refreshments will be served

Guest Speaker:
Sarah Smith, Jantzi Research Inc.

ScotiaMcLeod™
H. Colleen O'Connell-Campbell, CFP, CIM, CDFA, Wealth Advisor
Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiamcleod.com www.colleenoconnellcampbell.com

RBC Asset Management®

Paid for in part by RBC Asset Management Inc. ™ Trademark used under authorization and control of the Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., member CIPF. Commissions, trading commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Please consult your advisor and read the prospectus before investing. There may be commissions, trading commissions, management fees and expenses assocoiated with mutual fund investments. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. RBC Funds are offered by RBC Asset Management Inc. and distributed through authorized dealers. * Member CIPF. ® Registered trademark of Royal Bank of Canada.

Metro Workology exclusive: Matters of the Heart
Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between. Check Metronews.ca/work for the full series.

Workology

Get your copyright

Copyrightcreators.com will launch an online copyright registration service for artists by offering every new member two free registrations starting March 11. This launch will encourage artists to continue producing their work without fear that it will be copied or used without permission. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A customer service dynamo

Harry Rosen fashioned his menswear empire on personal relationships

Matters of the Heart

RAFAEL BRUSILOW
for Metro Canada

Whether it's for the wedding chapel or the boardroom, the perfect suit is Harry Rosen's specialty.

The 77-year-old Canadian icon has forged a name as one of Canada's most respected and revered men's fashion brands famous for tailored suits of exceptional quality, with 40 per cent of the market share in Toronto and more than 15 stores across Canada — including stores in Ottawa, Vancouver, Calgary, Edmonton and Montreal.

Born and raised in Toronto, Rosen always had a knack for engaging with people. He got a part-time job at a menswear store in 1952, and — unlike the other salespeople who tried to sell anything to anyone — Rosen made it his mission to have as many customers come back to shop with him personally. "I realized that building relationships was crucial in this business. Customers came back to me even though I was a part-timer," Rosen said.

Rosen took his sales philosophy to the bank and opened his first shop on Feb. 5, 1954 on Toronto's Bloor Street, where it remains his flagship store to this day. He says he never left the sales floor in those early years and his focus is still, as it was all those years ago, on developing a relationship of trust to garner return customers.

"You have to have a good idea, a vision that you can share with people. You've got to have a reason for existing, a reason to attract customers."
Harry Rosen

"People always say men hate shopping but once they find someone they trust, they're one-stop shoppers," Rosen said.

While keeping tabs on customers' buying habits and preferences is considered mandatory business practice nowadays, back in the 1950s Rosen's diligence in starting individual files for each customer and updating it regularly was innovative and ground-breaking. The importance of nurturing repeat buyers by providing them with unparalleled service is something Rosen encourages directly in his stores — in fact, he pays his staff on retention of customers, not on commission.

Rosen's advice for budding entrepreneurs is simple: Start with something worth offering and work hard to make it the best thing around.

"You have to have a good idea, a vision that you can share with people. You've got to have a reason for existing, a reason to attract customers," Rosen said.

Knowing your market is crucial too and nothing can be a substitute for experience. In Rosen's case, keeping a high level of service and quality has allowed him to weather multiple recessions by focusing on what he calls "evolution, not revolution" in the menswear market.

"Men really haven't changed all that much since 1952. I can predict how many blue suits I'll be selling to within a couple of percentage point two years from now," Rosen said.

For more Matters of the Heart exclusive series check Workology frequently or stop by:
metronews.ca/work

FRENCH/ENGLISH/SPANISH
Language Training Services

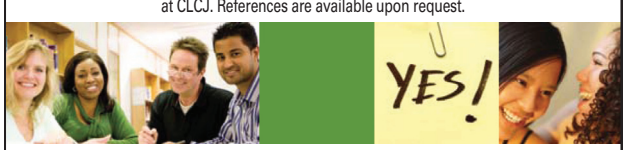
fait parler le monde
da mucho que hablar al mundo
gets the world talking

Preparation for the new Public Service Commission's Official Languages Tests
Computer Exercises – Listening Exercises – Oral Interview Simulations according to the new Oral interaction test format (2008)

- French Immersion Programs in Jonquiere, Quebec with home stay accommodations
- French Immersion Program and Oral Interaction test (2008) preparation in Saint-Jean-sur-Richelieu, Quebec with home stay accommodations

Current and Updated Preparation Materials – our materials for test preparation are regularly updated and/or revised according to the Public Service Commission's latest specifications.

A Great Track Record – over one thousand students have achieved their language goals at CLCJ. References are available upon request.



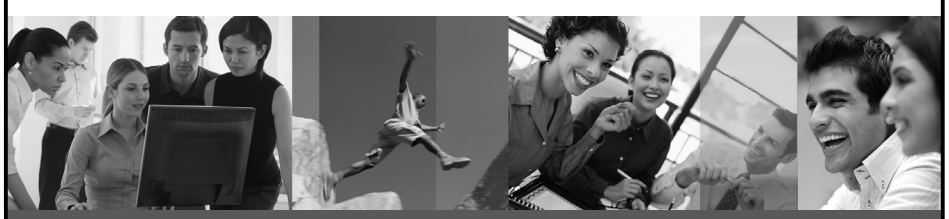
Contact us: www.languages-jonquiere.ca

Ottawa Tel: 613.566.7004 or 1.866.566.7004
E-Mail: cl.ottawa@cjonquiere.qc.ca

Gatineau Tel: 819.777.9393
E-Mail: cl.gatineau@cjonquiere.qc.ca

TELL METRO READERS
WHAT YOU THINK
NEW
"COMMENT & VIEWS"
Whether you agree or disagree about anything you've read in Metro, we want to know.
Send us your views and pick up Metro daily to find out what other Metro readers are saying.
Email your letters to
ottawaletters@metronews.ca
metro
Do it daily.

Life's brighter under the sun



Embark on a bright future.

You believe life is about aiming high and making an impact. You want to build your career with a company that does good work, attracts a talented, diverse workforce and accomplishes great things – a company that will give you every opportunity to be, and do, your very best.

Bilingual Customer Service Representative
Ottawa, Ontario

Working in our Ottawa Customer Service Centre, you will provide telephone support in both English and French to clients of dental and health plans. In addition to bilingualism, position requirements include a passion for customer service, and multitasking/problem-solving skills. Language and keyboard testing may be administered. Eligibility for security clearance is a condition of employment.

Hours of operation are: Monday to Friday, 7 a.m to 8 p.m.

If this position sounds like the right fit for you, please apply online to **www.sunlife.ca/careers**, posting **CAL00337**.

Sun Life Financial promotes equal opportunity employment.

We thank all applicants for showing an interest in this position. Only those selected for an interview will be contacted.

www.sunlife.ca

Sun Life Financial

EST. 1896
WILLIS COLLEGE
110 YEARS OF TRAINING

Careers:
- Accounting
- Business
- Technology

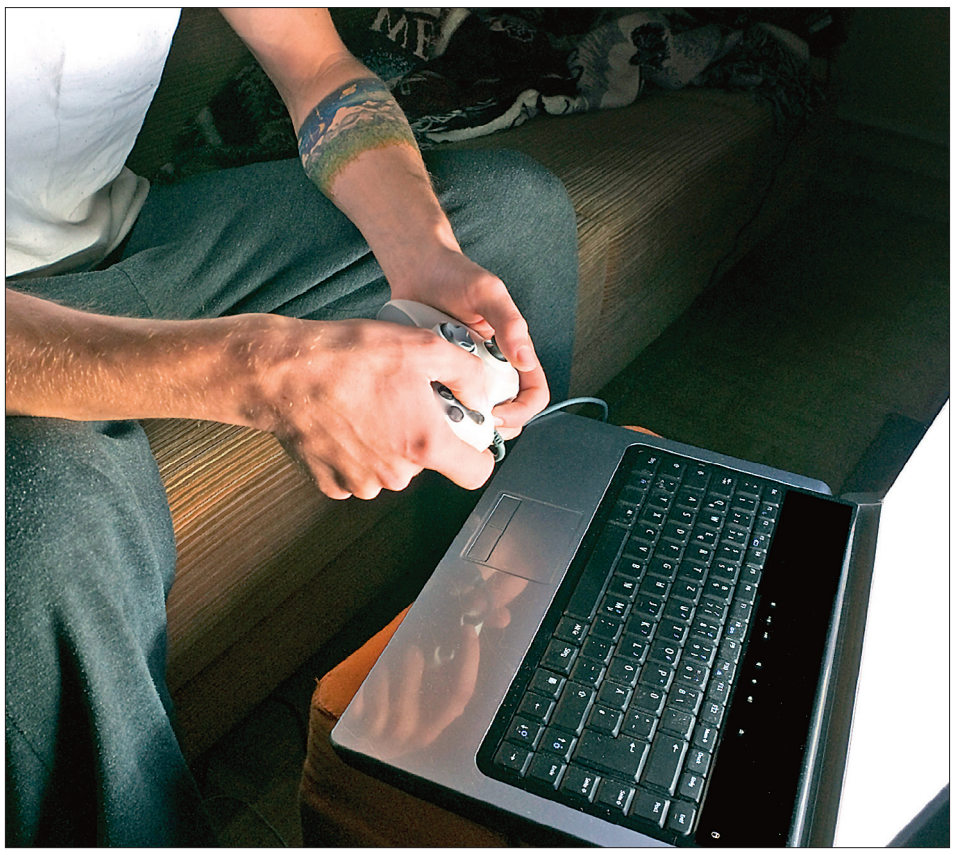
APPLY NOW!

85 O'Connor
613-233-1128
williscollege.com

Millions for graduates
Recently, the Ontario government announced $51.6 million in funding to create 1,925 new masters and 1,373 new PhD spaces at the province's universities. METRO NEWS SERVICES

Gamer's job bridges pastime with career

OddJobs


As a video game tester, you may find yourself playing through finished games just before they get distributed, or you may be playing through beta versions with barely any graphics, says Ryan Hale.

Is your teen spending March break hunched over a video game console? You're probably not thrilled. What if all this gaming turns him into a slacker for life?

Take heart: Hardcore gamers can sometimes turn their passion into a career. That's what Ryan Hale, 23, has done.

He's a lead tester for Charlottetown company Sculpin QA. It tests games for its sister company, Other Ocean Interactive and other game makers, which design the products.

"We play games at various levels and critique them," explains Hale. He sometimes plays a game that's ready for market to make sure it has no bugs. Other times, he moves through a game that's in the beta testing phase and hardly has any graphics. Sometimes he just runs through a program to make sure the menus are working.

As well, he checks games to ensure they pass certification requirements of various video game systems.

After he plays, he uploads his comments on an interactive web page. He sometimes plays a game for just a few days. He's been testing one for Wii created by Other Ocean for a year, and he's still testing it now for a future European release.

As a kid in Newfoundland, Hale played games constantly. He started out on an Atari. When his family got a brand-new Pentium computer when he was in his teens, he switched to online gaming and played Quake and Doom with friends.

Once he was finished school and living in Saskatchewan with his family, he took a job as a dishwasher and then a cook. In his spare time he bought computer parts and assembled them for friends. Realizing his tech skills had some value in the market, he found a job as a technical representative for AT&T.

When his family relocated again, this time to P.E.I., he found a job doing tech support for Apple. At that job, he learned about iPhone games.

When he heard about Sculpin QA, which launched a year ago, he went for a job interview. His knowledge of games, the iPhone and his experience doing beta testing for big gaming companies — which is something anyone can do through their websites, but you don't get paid for it — helped him get the job.

Unlike what many people think, he neither gets sick of playing games all day, nor does he sit on his butt and do nothing. But he and his co-workers — 12 testers in total — often run tournaments on their lunch hour and after work, they love gaming so much. "It's a lot of work, we work hard. But it's really fun."

The Lowdown

Job title: Video game tester
Salary: $26,000
Education/training: Experience with games, some technical background and a great personality
Best Part of the Job: "I love the atmosphere. If you're working with games, you're usually a fun person."
Worst Part of the Job: "I can't really think of anything."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

$20 AVG/HR. POSITION
TRAINING ALLOWANCE PAID DAILY
No Experience Necessary
CALL 1 866-940-0970

SAP BW-BI, BASIS, FICO, HR & ABAP Training
• Certified & Industry experienced instructor-led training
• 100% Career oriented professional training
• 24 hours Remote Server Access
• HRDC/EI Approved
• Provide Job Assistance
FREE Seminar once in every month
ERPMastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953

WANT TO WORK IN AN EXCITING, REWARDING AND VIBRANT ENVIRONMENT?
Metro Ottawa is looking for an energetic and motivated Sales Executive.
Send your resume to:
ournextteammember@metronews.ca
metro
Do it daily.

Spice Girl auction

Singer Melanie Brown is auctioning off memorabilia from her Spice Girls days to raise money for charity. The star has amassed a vast collection of stage costumes from the group and she's putting them all up for sale together with personal items. FEMALEFIRST.CO.UK

Entertainment

Pop fashion

Madonna has set her sights on conquering the fashion world for a second time — the pop superstar is set to launch a new line with designer Christian Audigier. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

1. **Watchmen:** $55.7 million US
2. **Madea Goes to Jail:** $8.8 million
3. **Taken:** $7.5 million
4. **Slumdog Millionaire:** $6.9 million
5. **Paul Blart: Mall Cop:** $4.2 million
6. **He's Just Not That Into You:** $4.2 million
7. **Coraline:** $3.3 million
8. **Confessions of a Shopaholic:** $3.1 million
9. **Jonas Brothers:** $2.8 million
10. **Fired Up:** $2.6 million

REUTERS

Theory behind Watchmen

Graphic story a treasure trove for philosophers

Superheroes don't just make fun characters for comic books and movies.

Their powers, and how they choose to use them, are philosophical treasure troves, and few are as rich and complicated as the protagonists in Watchmen, which opens in movie theaters around the world on Friday.

"Watchmen is an embarrassment of riches to the comics-obsessed philosopher," said Mark D. White, editor of the book Watchmen and Philosophy: A Rorschach Test.

The book is one of a series that uses pop culture as an entry point to the sometimes abstract subject of philosophy.

Years in the making, Watchmen is the big-screen adaptation of the acclaimed 12-issue comic book series by Britons Alan Moore and Dave Gibbons published between 1986 and 1987.

Like the books, the movie is set in an alternative 1985 when the United States and the Soviet Union are on the brink of nuclear war. It features costumed vigilantes who have become so unpopular they are now outlawed.

But Watchmen is far from just popcorn entertainment. Its twisted superhero archetypes, like the tortured do-gooder Rorschach and brainy businessman Ozymandias, take time out from performing death-defying acts to muse on subjects like free will, saviour figures and the politics of fear.

"In Watchmen, the philosophy is so explicit that you don't have to dig very hard to find it," said White, an associate professor in the department of political science, economics and philosophy at the College of Staten Island.

The original series took the name from the phrase "Who watches the Watchmen?" which dates back to the 1st century Roman poet Juvenal and has been the subject of philosophical debate for centuries.

The essays by academics in Watchmen and Philosophy look at how Rorschach justifies his often brutal actions, and tackles subjects like the legitimacy of authority.

The essays by academics in the book Watchmen and Philosophy look at how the character Rorschach justifies his often brutal actions, and tackles subjects like the legitimacy of authority.

The mother and daughter Silk Spectres provide a window into the feminist thinking of French author Simone de Beauvoir. Another chapter is devoted to German philosopher Friedrich Nietzsche's thoughts on the Ubermensch (superman).

Although Watchmen raises more philosophical questions than most, hit TV shows like medical drama House and animated series The Simpsons also contain thought-provoking material for those who believe the unexamined life is not worth living.

"Philosophy has had a public relations problem for a couple of centuries. People mistakenly think that philosophy is some dusty academic subject that is irrelevant," said William Irwin, editor of the Blackwell Philosophy and Pop Culture series.

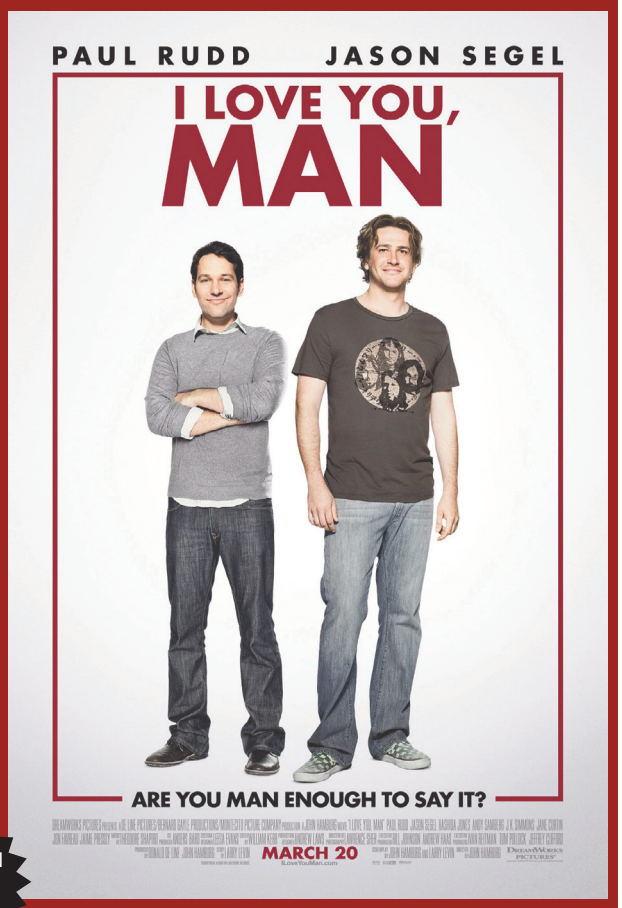
"The mission is to see what the general public like in pop culture and use it as jumping off point for philosophical discussion," said Irwin, professor of philosophy at Kings College, Pennsylvania.

More than one million books have been published in the Philosophy and Pop Culture series.

White, who has also written on Batman, says superheroes are fascinating territory for moral philosophers like him.

"They have taken on this extraordinary responsibility, but given that you want to save the world, what should you do first? Catch crooks or cure hunger?" White said. REUTERS

YOU COULD
WIN
A DOUBLE PASS TO AN ADVANCE SCREENING of I LOVE YOU, MAN ON MARCH 18TH!



CELEBRATE NATIONAL MAN DATE DAY ON THURSDAY MARCH 19

IN THEATRES MARCH 20

VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes March 13, 2009. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

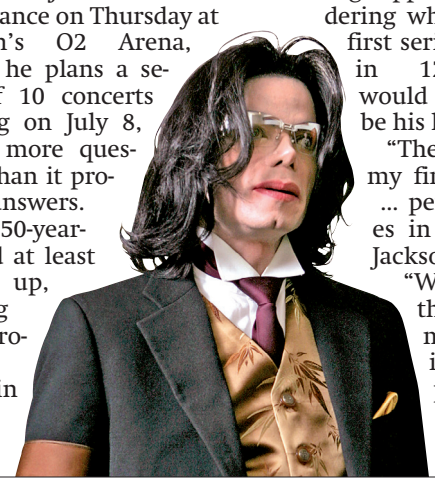
metro

Jackson comeback raises questions

Is it a comeback or a swansong? Will he sing or lipsynch? Has he still got the moves?

Michael Jackson's brief appearance on Thursday at London's O2 Arena, where he plans a series of 10 concerts starting on July 8, raised more questions than it provided answers.

The 50-year-old did at least show up, looking more robust than in recent photographs.



But his announcement was confused, and left reporters and hundreds of screaming supporters wondering whether his first series of gigs in 12 years would actually be his last.

"These will be my final shows ... performances in London," Jackson said. "When I say this is it, I mean this is it. I'll be performing the songs my fans want to hear. This is it, this is really it, this is the final curtain call."

Randy Phillips, president of AEG Live which signed Jackson for the concerts, had few concrete answers.

He did not rule out more concerts in London and elsewhere in the future, and much more than just music appears to be riding on the summer shows.

"None of us are sure," he told Reuters. "I didn't want to get so far ahead of what he wanted to do.

"We're holding dates," he added, referring to London's O2 arena. "We don't know how big the demand will be." REUTERS

Kimmel, Silverman part ways
Despite talk of a reconciliation, late-night talk-show host Jimmy Kimmel, 41, and comedian Sarah Silverman, 38, have split, a source confirms to People. **PEOPLE.COM**

Celebs drop out of dance show

TELEVISION Dancing with the Stars producers scrambled on Friday to find two swift replacements for tonight's season premiere after singer Jewel and celebrity journalist Nancy O'Dell dropped out with injuries.

The hit ABC show said it would not reveal the replacements until the eighth season kicks off tonight.

But celebrity news sites said former Playboy model Holly Madison was expected to be one of them.

Madison, 30, was Playboy founder Hugh Hefner's "number one girlfriend" and starred in the reality show The Girls Next Door before ending her relationship with Hefner last year.

ABC said that Jewel, a Grammy winning singer, had to leave the show after suffering a fractured tibia in each leg. O'Dell, of Access Hollywood, was sidelined with a torn meniscus in her knee. **REUTERS**

Winehouse accused of assault

CHARGES British singer Amy Winehouse has been charged with assault following an incident at a ball in London's Berkeley Square last year, her spokesman said in a statement Friday. "Amy voluntarily attended a police station in London yesterday morning," read the statement. "She was questioned by appointment in relation to an accusation made after the Berkeley Ball last year." **REUTERS**

In **brief**

BAND American new wave band Devo will perform their debut 1978 album Are We Not Men? in full for the first time at a concert in London in May, their publicist said on Friday. **REUTERS**

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

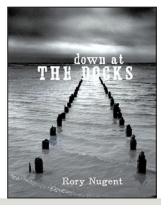
In a sibling's shadow

BookPicks

The Local **News**

Author: Miriam Gershow
Publisher: Spiegel & Grau
Price: $27.95 (Hardcover)

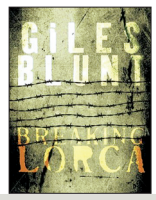
Siblings Lydia and Danny Pasternak are on opposite ends of the adolescent spectrum. Lydia is the brains and Danny's the brawn, which places Lydia in her brother's shadow and attracts the disdain of his popular friends. When Danny disappears, it's Lydia who takes the spotlight as a media darling expected to sing her brother's praises. However, the exposure, along with the hints that arise to explain Danny's disappearance, affect Lydia's life in a way she couldn't have imagined, changing her course as she learns to cope with loss.



Down at **the Docks**

Author: Rory Nugent
Publisher: Random House
Price: $27.95 (Hardcover)

Rory Nugent turns the Moby Dick-famed town of New Bedford, Mass., on its head with Down at the Docks, a realist take on an oft-idealized city. From observations on crime and the drug trade to interventions by government and modernization, Nugent clashes the contemporary with the classic to portray the town he called home for 17 years. Through colourful characters like lesbian bar owner Charlene and Mako, the son of a fisherman who follows in his father's footsteps, Nugent reinvents New Bedford for a new generation.



Breaking **Lorca**

Author: Giles Blunt
Publisher: Random House
Price: $29.95 (Hardcover)

Windsor, Ont., novelist Giles Blunt tells an exceedingly relevant tale of torture in Breaking Lorca, set against the backdrop of the 1980s Salvadorian civil war. Victor Peña cheats death when his army captain uncle liberates him from a court martial. In order to survive, intellectual Victor is placed in a torture unit where he must aid in obtaining information from detainees. That's where he encounters Lorca, a girl being maltreated for her presumed guerilla sympathies. Victor's unable to save Lorca from abuse without compromising himself, but when he escapes El Salvador, he sets out to find the girl in an attempt to atone for his actions. **BRIAN COULTON/ FOR METRO CANADA**

ATTENTION SECURITY GUARDS
• THE SECURITY ALLIANCE GROUP •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.
For an interview call **613.820.3554** Mon-Fri 9am-5pm
after 5pm & weekends call **613.867.9727**

YOU COULD WIN a pair of passes to an advance screening of KNOWING ON MARCH 18!

IN THEATRES MARCH 20
VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!
No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes March 13, 2009 at 11:59 pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/9/09	265	353	2	TVO	Time Team "Scotch Broch" (N)		The Agenda With Steve Paikin		Midsomer Murders		Auschwitz:Nazi-Final Solution		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House (HDTV PA) (N)		24 (HDTV PA) (N)		Heroes (HDTV) (N)		News
	-	-	5	SRC	Virginie (SC)	Les Parent	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Dancing With the Stars				(10:02) Castle (N)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	CSI: Miami (HDTV) (N)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Comedy Fest	Comedy Fest.	CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Chuck (HDTV) (N)		Heroes (HDTV) (N)		Medium (HDTV) (N)		News (N)
	117	713	10	TVA	Les Gags (SC)	Star Académie:	Annie et ses hommes (SC)		Dr. House (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Beauté	C't'une joke	CSI: NY (SC)		Flash Point		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Rapayan Rapayan.		*Le Cavaleur* ★★★ (1978, Comédie) Jean Rochefort.				Professionels
	-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (HDTV) (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Redux Japan
	214	344	15	CITY	Law & Order: SVU		Chuck (HDTV) (N)		Less-Kind	Friends	Man Tracker (DVS)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Soup	How I Met	Engagement	Engagement	Snoop Father	Snoop Father	News (N)
	-	361	20	ABC	News (N)	Entertainment	Dancing With the Stars				(10:02) Castle (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House (HDTV PA) (N)		24 (HDTV PA) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Highland Heartbeat			Visions of Scotland			A Tour of	Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	CSI: Miami (HDTV) (N)		News (N)
	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Inside the Meltdown (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	406	417	27	net	Overtime	NHL Hockey Toronto Maple Leafs at Ottawa Senators. (HDTV) (Live)					Baseball World Classic -- Teams TBA. (Live)		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Interruption	Curling Tim Hortons Brier -- Draw 8. From the Pengrowth Saddledome in Calgary.						SportsCentre
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Dog the Bounty Hunter		Survivorman		Mantracker		Dog the Bounty Hunter		Survivorman
	417	406	59	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy
	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach		Mystery Hnt.
	570	580	29	MM	mmmtop	Revival	Listed		Don't Forget the Lyrics!		Don't Forget the Lyrics!		Where You At
	615	520	31	A&E	CSI: Miami "Rampage"		Intervention "Charles"		Intervention "Cristy"		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		*Stripes* ★★ (1981, Comedy) (HDTV) Bill Murray, Harold Ramis, Warren Oates.				
	521	560	34	TLC	Little People	Little People	Little People	Little People	Jon & Kate	Jon & Kate	Little People: Just Married		Little People
	145	761	35	TV5	L'Objet du scandale		Un oeil sur la planète "Australie: le pays de la chance?"				Club social		Journal TV5
	616	521	39	SHO	The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl	Testees	House
	620	523	40	BVO	Grey Horse Rider		Dancers' Story Ballet		Bowfire				Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs "Bio-Diesel-Man"		Guinea Pig	Guinea Pig	Daily Planet
	575	583	43	CMT	CMT's Top 20 Tearjerkers		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
	601	562	45	SLC	Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Project Runway Canada		ET Canada
	625	548	46	COM	Laughs	Just for Laughs		Corner Gas	The Simpsons	South Park	Carlos Mencia: Strings		Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Blade: Trinity* ★★ (2004, Horror) Wesley Snipes.				Brother	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Lost "Exodus"		Sarah Connor Chronicles		Stargate SG-1
	581	566	53	MTV	The City	City Live After	MTV News	Play'd	The Girls of Hedsor Hall		The City	City Live After	MTV Live
	618	524	54	TROP	TV Made, Do It	News Show	Tube Tales	E News	Make or Break	TV Made, Do It	Planet Soap	Reality	Deal-No Deal
	522	506	55	HIS	NCIS "UnSEALed"		Battle 360 "Call to Duty"		Battlefield Mysteries		NCIS "UnSEALed"		Sea Hunters
	129	773	60	CD	Biographies Tiger Woods.		Les Grands travaux (HDTV)		Dernier combat-Allende		Alliance meurtrière (HDTV)		Docu-D
	261	394	61	V	Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)		Twist of Faith	Clergy	Poltergeist
	602	567	62	W	Will & Grace	Friends	How Clean	Kim	Love It or List It		Dollars	Smart Cookies	Maxed Out
	269	350	70	APTN	Notre Peuple		Terres arct.	Pachamama	*Grizzly* ★★ (2000, Aventures) Daniel Clark, Bryan Brown.				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Paris Hilton's British Friend		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Food Detective	Road Tasted	Hell's Kitchen		Chef School

primetime | news | sports | family | cable variety

critics'corner

Little Mosque on the Prairie
What looks like an effective new way to do things turns out to be not such a great idea after all. In this new episode, Baber sets up a separate women's entrance to the mosque. After he changes his mind, however, he finds he can't undo what he's done in "Baber Makes an Entrance." 8 PM on 8 CBC

Chuck
Sarah and Casey go in search of the man behind Fulcrum's plans to build its own Intersect, leaving Chuck and Agent Barker in a safety bunker. Once the mission takes an unforeseen turn Chuck and Barker's orders to stay out of harm's way are forgotten in the new episode "Chuck Versus the Lethal Weapon." 8 PM on 15 CITY 9 NBC

Heroes
Sylar's reunion with his long-lost father is not at all what he expected. Claire gets a tip from Rebel and must decide whether to help her sworn enemy evade capture. Matt finds himself on the verge of leveling Capitol Hill in the new episode "Shades of Gray." 9 PM on 9 NBC; 10 PM on 3 GTV

Foxx likes to make an entrance

Some folks like to make an entrance, and Jamie Foxx is one of them. The Oscar winner supposedly has his people call ahead whenever he's set to go out to a bar or restaurant because he wants to make sure he's noticed, Hollywood insiders tell Metro. METRO NEWS SERVICES

Celebrity Buzz

Least restrictive order for Brown: Court

COURTS Although the court slapped Chris Brown with among the least restrictive of protective orders, Rihanna does have the means to gather evidence against him if he causes trouble, people.com reports. She may tape record conversations with the R&B singer.

Brown, 19, who was charged Thursday with two felonies in the alleged beating of girlfriend Rihanna, 21, is barred from exhibiting a host of bad behaviors toward Rihanna, with whom he has reconciled.

According to the protective order, signed by the Superior Court commissioner on Thursday and served on Brown in court, he may not "harass, strike, threaten, assault (sexually or otherwise), follow, stalk, molest, destroy or damage personal or real property" of Rihanna's.

He also may not "disturb the peace, keep under surveillance or block movements" of her, and must get rid of any guns he may have by surrendering them to police or selling them to a licensed dealer within 24 hours. And he cannot "dissuade or prevent" anybody from attending a hearing or making a report to police.

Under the order, however, he is allowed to contact Rihanna in person or by telephone, and there are no limitations to how physically close he may be to her.

The only restriction checked on the form is the box reading: "The protected persons may record any prohibited communications made by the restrained person."

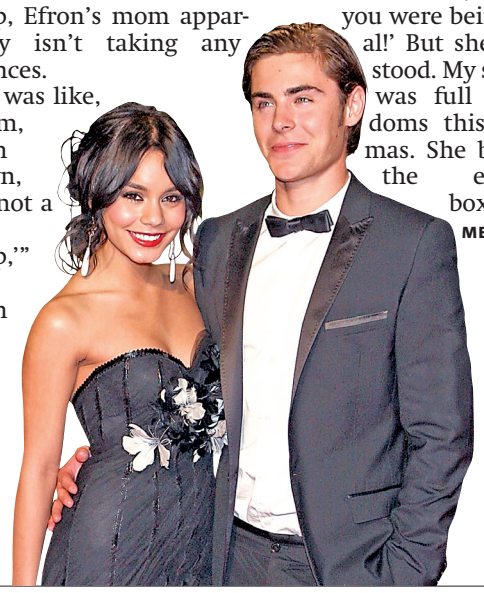
The order expires in March 2012, people.com adds. METRO NEWS SERVICES

Efron's mom frets over 'sexual' photos

RELATIONSHIP After photos surfaced of Zac Efron and Vanessa Hudgens in the adult section of a costume shop, Efron's mom apparently isn't taking any chances.

"I was like, 'Mom, calm down, it's not a sex shop,'" the High School Musical star tells Elle magazine.

"She wouldn't have any of it. She's like, 'I knew you were being sexual!' But she understood. My stocking was full of condoms this Christmas. She buys me the economy box." METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Gyllenhaal's new buff physique

NEW ROLE Jake Gyllenhaal wanted to be ready for anything in his next film Prince of Persia: Sands of Time, out next year.

"I over-prepared myself because I never knew how much they were going to ask me to do, so I just made sure I'd be hopefully able to do anything," Jake said of his new physique, which is on display in just-released stills from the movie, according to Just Jared.

"I guess I've gotten buff." METRO NEWS SERVICES

M.I.A. keeps private

BABY NAME To those Internet reports claiming M.I.A. named her three-week-old boy Ickitt, the rapper responds: Ick!

In a humorous message on her MySpace Celebrity Blog, the Paper Planes songstress shot down the rumours while poking fun at a few of the more unique names bestowed upon certain celebrity kids, people.com reports.

"My baby is not called Ickitt, Pickit or Lickit thank you very much," she writes. "He's a baby, he don't need press!"

Explaining that she doesn't consider her son's name to be newsworthy information, M.I.A., 31, says she'll be back with something for her fans soon. "'Til then go pick on Apple, Satchel and Moon Unit," she suggests.

Her son, born Feb. 11, is the first child for M.I.A., whose given name is Mathangi Arulpragasam, and her musician fiancé, Benjamin Bronfman.

Memorably performing while pregnant at the Grammys last month, M.I.A. was also nominated for an Oscar for her song O Saya, from best picture Slumdog Millionaire. METRO NEWS SERVICES

Spears helps charity

PEOPLE After rolling into Miami, Britney Spears' Circus Tour featured a sideshow for a worthy cause, people.com reports.

The pop star paid a visit to 40 sick children at Miami Children's Hospital on Saturday. "She took pictures with the kids and gave them autographed pictures," hospital spokesperson Cristene Martinez tells People. "The kids were so excited to meet Britney, and having her here was a great distraction for them." METRO NEWS SERVICES

Paris doesn't like diets

HEALTH Paris Hilton "doesn't like" diets, female-first.co.uk reports.

The slender socialite isn't giving anything up for Lent — the Christian fasting period before Easter — because she hates being deprived of her favourite junk foods.

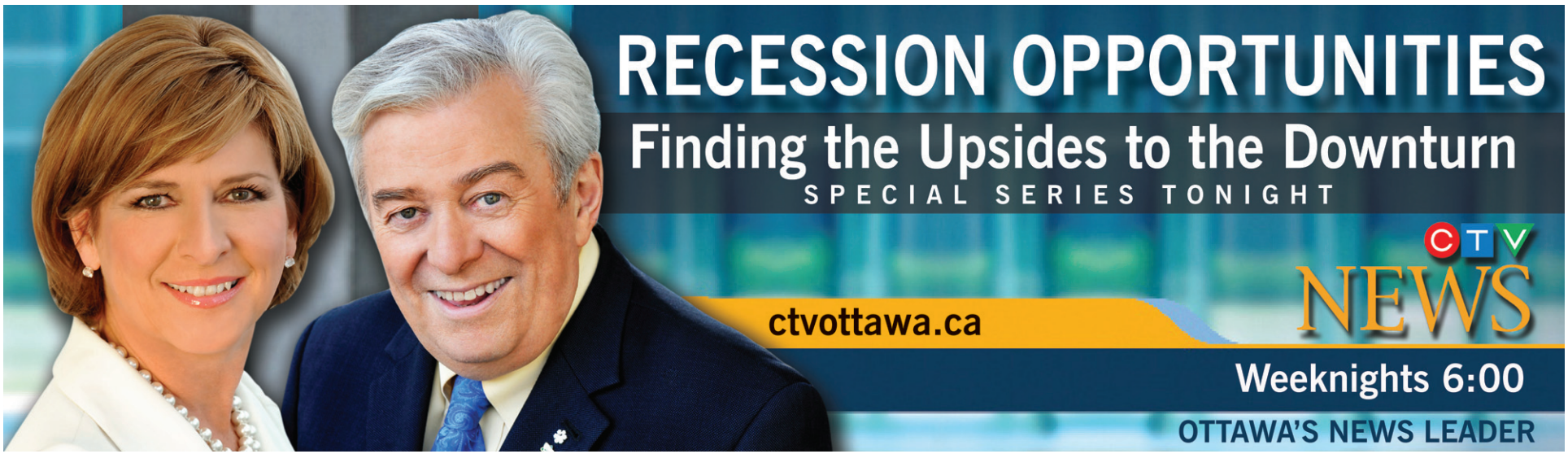
"I just don't think I could go for 40 days without something. If I did, I'd probably just give up chocolate and McDonald's. I've never tried to give up anything before. I don't like diets. My weaknesses are cotton candy and french fries," she said. METRO NEWS SERVICES

Lil Wayne brushes often

IMAGE Rap star Lil Wayne's diamond teeth have turned the hitmaker into an obsessive compulsive — he brushes them morning, noon and night, female-first.co.uk reports.

The flamboyant star has gems fixed to his teeth and cannot remove them, so he's careful what he eats and always takes care to brush them after every meal.

He says, "I brush them after dinner, after lunch — with Colgate." Lil Wayne estimates he has $150,000 US worth of diamonds in his mouth — and they're permanent. "I can go to the dentist and switch them out, but it's surgery." METRO NEWS SERVICES



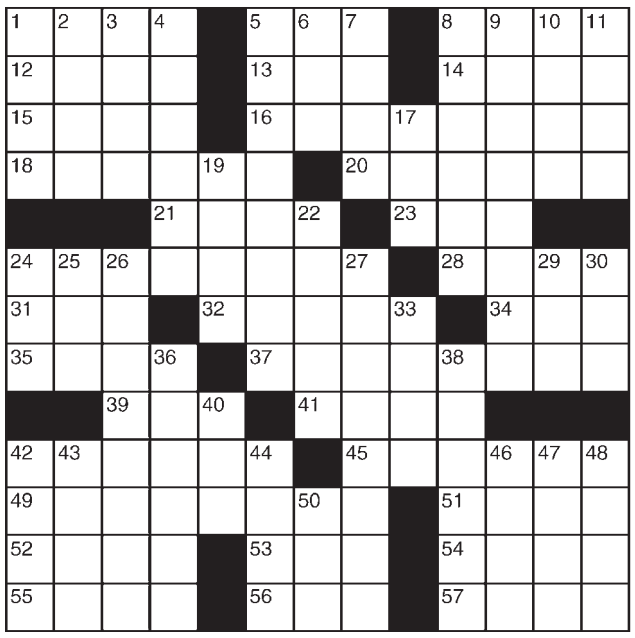
The Weather Network 20 YEARS
©The Weather Network 2009

Today Flurries 70% -2° / -8°
Tuesday Partly cloudy 3° / 0°
Wednesday Rain 80% 9° / -12°

PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		6			4	3	
8				2		1		7
5				8				
	2	8			3		6	
				7				
	9		5			8	1	
				6				4
9		1		3				2
	5	4			7		8	

Crossword across

1 Poker variety
5 Crooner Damone
8 Ellipse
12 Sci-fi's Skywalker
13 Leading lady?
14 Lima's country
15 Help in a crime
16 Greek
18 Tangy green condiment
20 Noble
21 Anatomical cavities
23 West of Hollywood
24 Sasha and Malia's mom
28 Men only
31 Tavern
32 Diarist Samuel
34 — -la-la
35 All over again
37 Wood-finishing substances
39 Homer's interjection
41 Cain's victim
42 Arouse
45 Arouse
49 "Holder" of a brief explanation
51 Guy
52 Reed instrument
53 Have a bug
54 Additionally
55 Swiss city
56 In medias —
57 Witnessed

Crossword down

1 Cabbage salad
2 Big brass instrument
3 Guitars' kin
4 Remove (from)
5 Planes, trains and automobiles
6 "— Got a Secret"
7 Honeycomb compartment
8 La Scala shows
9 Family feud
10 Seed covering
11 Historic sitcom star
17 Sellers co-star Herbert
19 Road Runner's sound
22 Omega's opposite
24 Biz deg.
25 Author Fleming
26 The U in "IOU"
27 Looks at intently
29 Joan of —
30 Petrol
33 Dispatched
36 Opposite of "improve"
38 South American herd
40"Whadja say?"
42 Nose-in-the-air sort
43 Tooth-paste dispenser
44 Bosc or Bartlett
46 Hardy cabbage
47 Otherwise
48 Night light?
50 Falsehood

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	H	H	■	A	B	U	T	■	D	E	E	M		
A	Y	E	■	W	A	S	H	■	O	K	R	A		
S	P	R	I	N	T	E	R	■	Z	E	R	O		
H	E	R	M	I	T	■	U	K	E	■	■	■		
■	■	■	A	N	Y	■	W	I	N	T	E	R		
G	L	O	G	G	■	F	A	X	■	O	R	E		
R	O	V	E	■	P	R	Y	■	G	R	I	N		
I	C	E	■	G	U	Y	■	G	L	I	N	T		
P	I	N	T	E	R	■	O	N	E	■	■	■		
■	■	■	A	M	I	■	G	E	N	E	R	A		
L	A	M	P	■	S	P	L	I	N	T	E	R		
O	B	I	E	■	T	E	E	S	■	C	A	M		
W	E	A	R	■	S	A	S	S	■	H	R	S		

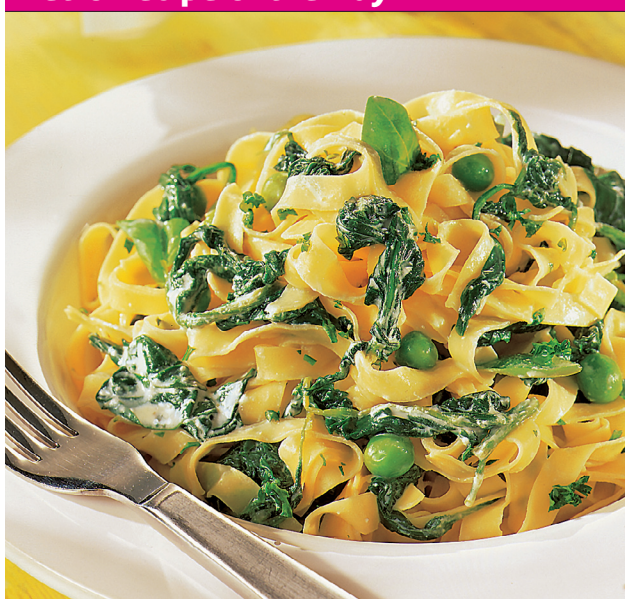
2	6	9	7	4	1	5	3	8
3	5	4	2	9	8	7	6	1
1	8	7	5	6	3	9	2	4
9	4	1	6	8	2	3	5	7
8	3	6	9	7	5	4	1	2
7	2	5	3	1	4	8	9	6
6	9	3	8	2	7	1	4	5
5	1	8	4	3	6	2	7	9
4	7	2	1	5	9	6	8	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Tagliatelle with Green Sauce

INGREDIENTS:

1 bag (10 oz/300 g) baby spinach, thick stems discarded
3 1/2 oz (100 g) watercress, thick stems discarded
1 cup (250 ml) frozen peas
1 lb (500 g) tagliatelle
2 tbsp (25 ml) cornstarch
1 cup (250 ml) sour cream
4 tbsp (60 ml) chopped parsley
6 sprigs fresh basil, torn into pieces
Salt and fresh-ground black pepper

METHOD:

1. Rinse spinach and watercress and place in large pot with just the water clinging to the leaves. Cover and cook over medium heat, stirring and turning vegetables occasionally, 2 minutes or until wilting.
2. Add peas and heat through, uncovered, 2 minutes; there should be enough liquid in pot to cook peas. Tip greens and their liquid into bowl; set aside.
3. Cook pasta in large pot of boiling water over high heat until al dente, according to package directions.
4. Meanwhile, blend cornstarch and sour cream into smooth paste. Put into pot used for cooking vegetables and stir over medium heat until just bubbling. Stir in vegetables, parsley, basil, and salt and pepper to taste. Heat sauce through, then remove pot from the heat.
5. Drain pasta and add to sauce. Toss to mix.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A perpetrator makes you note what is said. Don't give up on your friends. A parent brings in fresh ideas.

TAURUS
APRIL 21-MAY 21
A large man won't believe the truth. Stay out of a family squabble. Take special care with money issues.

GEMINI
MAY 22-JUNE 21
A lunch date is expensive. Freedom from limits is established. Contact a friend who knows the details of a chance encounter.

CANCER
JUNE 22-JULY 22
You'll benefit from your past service. Chaos rules when the opportunity arises. Other people will behave oddly.

LEO
JULY 23-AUG 23
A woman teaches an excruciating lesson. The question of fairness erupts in real life. Use tact to solve mindless problems.

VIRGO
AUG 24-SEPT 22
A colleague will play a childish trick. A dispute is brewing below the surface. A dark-haired man answers the call for a hero.

LIBRA
SEPT 23-OCT 23
Don't go to a boring pity party. Mental activity can overwhelm you. Focus on your talent and make demands.

SCORPIO
OCT 24-NOV 22
Lectures won't make anyone straighten up. Keep sane by challenging an investigation. It never helps to cry over spilled milk.

SAGITTARIUS
NOV 23-DEC 21
A moody man repays a good deed. Refuse to argue about reaching a settlement. Your wittiness incites hypersensitivity.

CAPRICORN
DEC 22-JAN 20
Be clear about your intentions. A detail-oriented person treats you right. A tyrant makes googly-eyes at you.

AQUARIUS
JAN 21-FEB 18
A broad-minded female works best for a sensitive project. A sympathetic man has good news. Complicated feelings arise while travelling.

PISCES
FEB 19-MARCH 20
Refuse to make a snap judgment. A lonely friend has deeply felt guilt. Thoughts of the past will give you pleasure.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Prison unit ringing device (1)
2. Heckle a whirling cartoon devil (1)
3. Pretend to be in agony (1)
4. Attractive New York or London (2)
5. Tightly hug elms and oaks (1)
6. More drenched one in the red (2)
7. Purpose of a place where two roads meet (2)

© 2009 United Feature Syndicate, Inc.

ANSWERS
1. CELL BELL 2. RAZZ TAZ 3. FEIGN PAIN 4. PRETTY CITY
5. SQUEEZE TREES 6. WETTER DEBTOR 7. JUNCTION FUNCTION

3-9-09

GROUPS OF 4 SAVE 10%
Would you like to break the habit for a healthier future?

Ottawa Civic Hospital (across from flower shop)
1053 Carling Ave. 613.884.7867
www.omegalaser.net
OMEGA LASER THERAPY

SUDDENLY, GOING OUT SEEMS SO OVERRATED.

Find out what's waiting for you at home.

TV On Demand.

Look for new prime-time hits available On Demand. Tune in to channel 100 and catch the hottest shows like *The Bachelor* and *30 Rock* whenever you want. It's free with your digital TV service.

Safe surfing.

Make your online experience a safer one by downloading the all-in-one security suite[1]. It's free with your Internet service.

Even voicemail's dialed up.

Your voicemail just keeps getting better. Now you can receive phone messages through your e-mail. It's free with your *Home & Away*™ Voicemail service.

Check out everything you already have at **rogers.com/ihaveallthis**

ROGERS™

1. For PC users only. Visit rogers.com/protectinfo for full details. ™Trademarks of Rogers Communications Inc. or of Rogers Wireless, used under license. © 2009 Rogers Cable.